

Where

We Live

A publication from the City of Hurst

Fall/Holiday
2008
*Recreation
Class
Schedule*



Hurst
Seniors
Healthy
Winter Living
Employee
Giving Day



*Christmas
Tree Lighting*
Dec. 2
Hurst City Hall
6 PM – 8 PM

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Where We Live

Welcome to the third issue of...

It's been a busy summer in Hurst and we are all gearing up for an exciting fall and holiday season. In this issue, you'll read about what we've been up to all summer and what you can look forward to in the upcoming weeks. Articles about outstanding local students involved in Youth In Government, tips to stay healthy during the upcoming holiday season, what's going on at the Hurst Public Library and details on the Hurst Pride and Business Awards. And that's not all. In the recreation section you'll get the scoop on Halloween Happenings, Campfire Stories, the John Butler Memorial Senior Citizens Banquet and of course, the Christmas Tree Lighting. You'll also notice the recreation section has been tweaked to make it even more user-friendly and even easier to find just the class you're looking for.

It has always been the City Council's goal to provide you with the best in programs, events and services in the area. We hope you will join us at some of the many exciting events this fall; it's shaping up to be our best yet. Most importantly, the City Council would also like to wish you and your family a safe and healthy holiday season. Now sit back and enjoy the third issue of **Where We Live**.

City Staff

Allan Weegar—City Manager
Allan Heindel—Deputy City Manager
Jeff Jones—Assistant City Manager
John Brown—Fire Chief
Rita Frick—City Secretary
Ron Haynes—Director of Public Works
Dale Harwell—Information Services Manager
Mike Morgan—Development Manager
Steve Moore—Police Chief
Anita Thetford—Director of Finance
Ashleigh Whiteman—Communications Manager



Citizen's Fire Academy

The Hurst Citizen's Fire Academy graduated its fifth class on June 23. The eleven-week academy is designed to educate the citizens of Hurst about the services provided by the Fire Department and increase their fire and safety knowledge. Weekly classes include search and rescue, ropes and rappelling, extrication, arson investigation and emergency medical services. The academy is taught by firefighters and officers from the Hurst Fire Department and gives participants hands-on opportunities to rappel, use extrication tools and participate in other simulated fire and E.M.S. experiences. The next Citizen's Fire Academy will be held in spring 2009. For more information contact Fire Administration at (817) 788-7238.

2009 Ambulance Subscription Service

Applications are due by December 31, 2008

The City of Hurst will again offer Hurst citizens an ambulance subscription service to help offset the high costs of emergency ambulance transportation. Insurance companies routinely do not pay the entire amount of ambulance transportation, leaving the patient with the responsibility of paying the balance of the bill. The purpose of the subscription service is to cover the amount not covered by your insurance provider or Medicare. For \$60 per year per family, you will never have to worry about paying an ambulance bill. Enrollment for 2008 begins October 1, 2008 through December 31, 2008.

Program Summary:

- Cost is \$60.00 per calendar year, renewed annually
- Covers all immediate family members of the household that reside at the place of residence in Hurst, which includes applicant, spouse and children under the age of 25 that are full-time students. Children over 18 (that are not full-time students) and Medicaid recipients not covered by this subscription.
- Saves out of pocket expense for emergency ambulance transportation by paying the amount not covered by health insurance, Medicare and other supplemental medical insurance
- Provides the needed insurance information to expedite billing
- No bill for the unpaid portion of the service not paid by the insurance provider
- The plan covers you from January 1 to December 31 of the enrollment year

For more information or for an application, please contact the Hurst Fire Department at (817) 788-7238. Applications can also be printed from the City's website at ci.hurst.tx.us

Hurry, applications are due by December 31 for 2009 coverage.



Hurst City Council

First Row: Larry Kitchens—Council Member, Henry Wilson—Council Member, Bill McLendon—Council Member, Charles Swearingen—Council Member **Second Row:** Nancy Welton—Mayor Pro Tem, Richard Ward—Mayor, Anna Holzer—Council Member

Hurst Fire Department Open House September 27, 2008

The Hurst Fire Department will host its annual Open House on Saturday, September 27. The annual event will be held at Fire Station #1 located at 2100 Precinct Line Road from 10 a.m. to 2 p.m. Hurst Fire apparatus will be on display along with High-Angle Rescue demonstrations, Jaws-of-Life demonstrations, Fire Safety House and Air Ambulance. Refreshments will be served, so bring the family and spend the afternoon with the Hurst Fire Department.



On the Cover...

The City of Hurst has some of the best shopping in Tarrant County, and we love that fact. Our cover family loves that fact too. Grandparents and longtime Hurst residents George and Karen Branam joined their grandchildren for a day of shopping in Hurst. George is retired and Karen works for Central Freight Lines. Grant Branam, 13, is featured on the cover with his grandparents. Grant attends Smithfield Middle School where he plays football and basketball. His older brother Forrest, 17 and a football player for Birdville High School, was also part of the shopping excursion. Cousin Daniel Davenport, a 20-year-old Tarrant County College student and graduate of L.D. Bell High School was a part of the family shopping day too. Daniel plans on entering the U.S. Air Force this fall. We met up with the Branams at North East Mall to shoot the cover.

Cover photo by Bill Carter

What's the Buzz?

For the past 5 years, the City of Hurst has participated in a mosquito surveillance program with the Tarrant County Health Department along with about 20 other area cities. The purpose of the program is to identify populations of mosquitoes that carry either St. Louis encephalitis (SLE) or West Nile Virus (WNV). Last summer we collected 42 samples at various locations throughout the city. Four of these samples tested positive for WNV and none tested positive for SLE. A single mosquito from a collection site, often containing 50 to

100 mosquitoes, is sufficient to result in a positive sample. Each time a positive sample was detected, city staff placed door-hangers on each residence in a quarter mile radius of the sample site and that same radius was sprayed to kill adult mosquitoes in that area.

Staff treats creeks, channels, and ditches at 30-day intervals throughout the summer season with a product called Altosid. This product prevents mosquito larvae from maturing to their adult form.



“ALTOSID PREVENTS MOSQUITO LARVAE FROM MATURING TO THEIR ADULT FORM.”

**Tips to
prevent bites
and minimize the
number of
mosquitoes
in your yard:**

The Four D's

- 1** Avoid outdoor exposure at Dusk and Dawn
- 2** Dress in long sleeves and pants
- 3** Use repellents containing DEET (N, N-diethyl-m-toluamide)
- 4** Drain or eliminate any source of standing water

National Night Out

Join us Tuesday, October 7 as we once again celebrate America's Night Out Against Crime! Activities include a free picnic, games and an opportunity for residents to meet local officers on a one-to-one basis. Coordinated by the Hurst Police Department and volunteers, National Night Out provides information, educational materials, and technical assistance for the development of effective yearlong community-police

partnerships that can reduce crime, violence, and substance abuse at the community level. This opportunity helps to establish a much-needed relationship among neighborhood residents and local law enforcement personnel. This year's event will be hosted at the Hurst Community Park on the corner of Precinct Line and Pipeline Road. For more information, call (817) 788-7342

Numbers to Know

Emergency: 911
 Police Department: (817) 788-7146
 Public Works: (817) 788-7212
 Recorded information: (817) 788-7001
 Fire Department: (817) 788-7238
 Poison Control Hotline: 1-800-222-1222
 Tarrant County Public Health: (817) 321-4700
 Battered Women Crisis Hotline: (877) 701-7233

Top Natural Hazards in Hurst (are you prepared?)

Severe Weather – Do you have the best warning method? The National Weather Service and the NOAA Weather radio system are always watching out for storms and provide the best warning. For around fifty dollars you can have a NOAA weather radio ready to alert you of impending storms

Tornados – All Hurst residents are vulnerable, do you have a shelter plan? Can you

actually get into that room that you have set aside as a shelter? Have you considered adding a tornado shelter in or outside your home?

Flooding – Hurst has hundreds of buildings with millions of dollars in value in flood plain areas, is your home affected? Do you have flood insurance? Remember not to drive into flooded roadways and stay out of and away from rain swollen creeks.

Electrical Outages – Although not a “natural hazard,” but usually a result of one, have you considered a generator for your home or business? They could keep you somewhat comfortable or your business operational during a sustained power outage.

If you need more information call (817) 788-7238 or email emergencymanagement@ci.hurst.tx.us



Winter Activities to Keep You Moving

When the weather starts to cool, we often want to stay indoors. Much like a bear, we want to hibernate and eat to make it through the winter. I don't know about you but I don't want to be a bear this winter. Don't let this wonderful time of year put a roadblock in front of you! Create a plan to keep yourself on track with physical activity, eating healthy and staying well, so you don't have those holiday snuffles, pounds or stress to shed this year!

Make a plan – choose the days of the week and the time that you are going to be physically active, eat well and rest.

Avoid others that are sick, take extra vitamins, get adequate rest and eat immune boosting foods to prevent winter illnesses.

Just get moving. Often when we are cold, we stop being active instead of warming up by moving around! Get outside even if it is cold and you will warm up.

Ask a friend or family member to be your exercise partner. Schedule a time and place to meet and workout together.

When it is cold and wet outside, head to the mall or an indoor track to get moving!

Take a walk or jog around your neighborhood at night to view all the Christmas lights and get in the holiday spirit while exercising.

Try a new flavor of hot herbal tea or try to get 5-7 servings of antioxidant rich foods each day.

Take the family ice-skating to enjoy some winter activities!

Go skiing, snow boarding or sledding; you can burn up to 900 calories an hour!

Go for a drive as a family to view Christmas lights, then come home and drink apple cider and sing Christmas carols or play a game!

Healthy Hurst Community Wellness Program

The “Healthy Hurst” program is the City of Hurst’s community-wide wellness initiative. The Hurst Recreation Center is the hub for the Healthy Hurst program. The Recreation Center offers a wide variety of activities and events which enable participants to increase their personal health, wellness, and fitness including:

- Many fitness and activity classes, such as low-impact aerobics, spinning, core strength, turbokick, yoga, karate, judo, and dancing.
- A wide array of fitness equipment, including treadmills, elliptical crosstrainers and weights
- Great facilities such as four racquetball courts, a gymnasium for basketball and volleyball activities, and an indoor walking/jogging track.
- A certified personal trainer, available by appointment.
- Nutrition counseling, available by appointment.
- The “Hurst Hustlers” Running Club.
- Fitness equipment orientations.
- Look for “Walk”-tober event coming in October. You can record the miles you walk or run at the Recreation Center, and have a chance to win incentive prizes.

All participants receive a Healthy Hurst t-shirt at the time of registration.

You can register for the Healthy Hurst program in-person at the Hurst Recreation Center.

For more information, please call (817) 788-7325.



It's Your Body 10 reasons why you must move

Do you exercise or fit physical activity into your lifestyle? What is your definition of physical activity? How many hours a day are you up and moving?

Most Americans are sedentary for a majority of their day. We average 18-22 hours of inactivity in a 24 hour day. It is widely known that multiple health problems are being linked to inactivity.

Even if you work-out 1 hour every day, you may be sitting or laying down for the other 23! This is a lot of time that our body is still and stagnating! Here are some reasons to get started on including physical activity into your lifestyle everyday!

- 1 Muscle helps fight obesity so it can help hold down your weight or it can help you lose some if you need to drop a few pounds.
- 2 Strengthening your body strengthens your mental health. This promotes well being and stress-free living!
- 3 Physical activity prevents many injuries or work related problems.
- 4 It benefits your bones- You can prevent or reduce your risk of osteoporosis.
- 5 Physical activity reduces your risk of diabetes – help yourself by preventing blood sugar from creeping up on you.
- 6 It cuts your risk for cancer by lowering your chance of developing cancer cells.
- 7 Physical activity fights heart disease – it improves heart strength and efficiency.
- 8 It beats back pain and fights arthritis by keeping your joints and spine healthier.
- 9 Exercise is not age dependent – you always reap the benefit no matter your age. There is an activity for everyone despite your circumstances or limitations.
- 10 Physical activity promotes good rest and sleep. You are more likely to get quality sleep if you move regularly.

Try taking a new exercise class, going for a family bike ride, using a pedometer to track your steps, walk across the office to talk with a co-worker, mow your own yard or join a softball team. Any way that you can increase your movement each day will get you on your way to health.

Hurst Public Library

901 Precinct Line Road
Phone: (817) 788-7300

Read All About It!

SPECIAL EVENTS

Hispanic Heritage: Celebrating a Texan Culture

Wednesday, September 10, 2008

5:00–8:00 PM in the Library Park

Reading is the tempo of the mind in any language. Enjoy the richness of our blend of cultures. Experience the energy of Azteca de Fort Worth Ballet Folklorico, mariachis, and the rhythm of Hispanic music from harpist Gonzalo Mata. Sample traditional Mexican cookies and enjoy popcorn and cool lemonade. Guests are welcome to bring a picnic supper to eat during the evening. Kids may delight in stories and the fun of a pull string Pinata and a keepsake craft. Please bring lawn chairs or blankets for seating.

Patron Appreciation Reception

Thursday, December 11, 2008

5:00–7:00 PM

You are invited to share in the joy of the season at the Hurst Public Library. Please come and be our honored guests for music, refreshments, and festivities. Say hello to the visiting reindeer on your way into the Library. Inside, you can enjoy music by Chris McGuire and friends from the Fort Worth Guitar Society while you work a puzzle and refresh yourself with cookies and punch. The puppet show “Nutcracker in a Nutshell” will entertain the whole family. Save the date to visit the Hurst Public Library on this special occasion when we celebrate the people who use our Library.

September is
**National Library
Card Sign Up Month!**
Come to the Library and
get a card that will
really take you
places.

Chapter Chats

For 4th – 6th graders

Tuesday, September 9

Tuesday, October 14

Tuesday, November 11

Tuesday, December 9

7:00-8:00 PM

Do you enjoy talking about books? Here's your chance! Share your views with other kids who have read what you have! Call (817) 788-7302 to find out what books will be talked about each month so you can participate.

Boo Books

For all ages

Friday, October 31

4:00-5:00 PM

Before you head out for trick or treating, treat yourself to a special story time with slightly scary and funny stories; add to that some mildly spooky activities and you get an afternoon of Halloween fun! Costumes are optional but encouraged.

For Teens

Anime Club

For 7th – 12th Graders

Thursday, September 4

Thursday, October 2

Thursday, November 6

Thursday, December 4

6:00-8:00 PM

If you enjoy anime – watching it and talking about it – this is the place for you! Add snacks, door prizes, and other teens that love anime, too, just for fun!

Teen Pulse

For 7th – 12th Graders

Thursday, September 11

Thursday, October 9

Thursday, November 13

7:00-8:00 PM

Wii want you to be a (Guitar) Hero and Dance Dance (Revolution) for an hour. Take a short break from homework and get in the game!

Adults

MasterWorks

In connection with



Noontime Performances

September 12

Dive Bombers

This variety band will get your toes tapping on the first song.

October 10

Ken Waldman

Ken Waldman combines a vital, raw-edged Appalachian-styled fiddle with unpretentious, conversational poem-stories of everyday Alaskan life.

Evening Performances

September 25

LES ELGART ORCHESTRA

The fabulous Les Elgart Orchestra represents one of the few remaining “Big Bands” from the forties. Outdoor event: please bring lawn chairs and blankets to sit on at the Library Park. The event will be moved indoors in case of inclement weather.

October 23

JOHN ADAMS

As an accomplished acoustic and electric bassist, John Adams is one of the Southwest's most in-demand jazz, pop and studio musicians.

November 20

BIG SMOO

This band's special brand of Texas Road House Blues will be the perfect ending to your day.

December 18

DUELING HARPS

Dueling Harps offers a unique combination of classical, pop and celtic music.

Family Nights

Third Thursdays of the month at 7 PM

Come and enjoy a variety of presentations perfect for the family to enjoy time together and learn something new. Check the Library's monthly calendar for more details.

Visit the Library Online

www.hurst.lib.tx.us

View the iBistro catalog

Place items on hold

View your own record

Renew materials online

Home access to over 60
databases for research

Download eAudiobooks
and video

Youth Programs *Ongoing Activities*

Toddler Time

Ages 12-36 months

Mondays and Thursdays

10:00-10:30 AM

Story Time

Ages 3-6

Tuesdays and Wednesdays

10:45-11:15 AM

Chess Club

For elementary ages and up

Mondays

4:00-5:00 PM



Value in Volunteering

Want to get involved?

The City of Hurst is always looking for new volunteers. If you are interested in joining the VIA program, please contact the Community Services Department at (817) 788-7305. Volunteer applications can be picked up at the Community Services' office in the Hurst Public Library or accessed online through the City's website at www.ci.hurst.tx.us.

Upcoming Events

The annual VIA Holiday Coffee will be held in December. Be on the look out for more information on this event.

The annual Volunteers In Action Banquet, which honors all of the City's volunteers, was held on April 30. The theme for this year's banquet was "VIA Fiesta." It was a fun filled afternoon complete with festive decorations, a catered lunch from Abuelo's and a performance from Mexicanisimo Mariachi.

Awards were presented to volunteers for every 500 hours of service. Awards given to volunteers acknowledging their service included: pen sets, tote bags, lapel pins, clocks

and gift certificates. More than 40 individual and group volunteers were recognized at this year's banquet, proving that the City of Hurst has the most dedicated volunteers around. The City of Hurst 2007 Volunteer of the Year, Hulett "Doc" Shipman, was also recognized at the banquet. Doc has been volunteering at the Library since 1982 and has donated over 1500 hours of his time. You can usually find Doc processing new materials in the Library or sharing his latest joke with staff.



Citizen of the Year

For more than fifty years, the City of Hurst has built upon its solid tradition of being a progressive city that is an ideal place to live and work. Hurst continues this tradition through the efforts of countless committed citizens who dedicate time, money and volunteer hours to make a difference. The City Council honored some of these outstanding individuals on April 10 at the Eleventh Annual Citizen of the Year Awards Program. "We are honored to award these designations each year. All of the nominees, each in their own unique way, symbolize the spirit of giving that has made Hurst such

a desirable place to live and work," Mayor Richard Ward said.

The event, created by the Council, was held at City Hall and honored Hurst residents in four categories. The 2008 winners included Pioneer Award winner John W. Barfield, Community Service Award winner Dr. Valette Liedtke-Hendrickson, Leadership Service Award winner Georgia Kidwell, Hulett "Doc" Shipman, Volunteer Service Award winner and Youth Leadership Award winner Dimas M. Benitez.

Are you interested in giving back to your community?

Do you like animals, books or historical facts? Then join the City of Hurst's Volunteers-In-Action program! Current volunteer opportunities include:

Shelving Assistant – Library
Chess Practice Mentor – Library
Organizational Assistant/File Clerk – Community Services
Historical Data File Clerk – Library
Train Maintenance Assistant – Library
Warrant Officer Assistant – Police Department
Kennel Assistant – Animal Control
Filing Assistant – Police Department
Clerical Assistant – Public Works
Site Plans Organizer – Public Works



Introducing the City of Hurst's New Rental Registration Program

On April 26, 2008 the Hurst City Council unanimously passed an ordinance requiring owners of residential rental property within the city to register those properties with Building Inspections & Neighborhood Services no later than June 1. After June 1, when a property becomes vacant the landlord must arrange for an inspection by BINS and meet certain minimum housing standards such as providing smoke detectors, working heating and air-conditioning, hot and cold running water or the removal of any junk vehicles that may be on the property. This new ordinance will address the number of occupants living at a rental unit, the general living conditions provided and the overall upkeep of the property. The registration form and an inspection checklist can be downloaded and printed from our website at <http://www.ci.hurst.tx.us>, or come by our office at city hall, or call us at (817) 788-7088.

11th Annual Fall Good Neighbor Program

Free Clean Up Hurst Event

*October 4 and 11 from 7 AM to noon
Open to Hurst residents only.
Call us at (817) 788-7088 for
more information.*

*Fall CleanUp
Days Coming
Soon!*



Precinct Line Road Construction Update

The much discussed multi-phased Precinct Line Road reconstruction and expansion project is moving along. The City's utility relocation project was completed in June and the Texas Department of Transportation (TXDOT) began the final phase of project in July. TXDOT and the City have been and will continue to keep in close coordination regarding Precinct Line Rd construction. The road will be expanded from its current configuration of two lanes in each direction with a continuous turning lane to three lanes in each direction with dedication turning lanes at intersections and median openings.

TXDOT's \$9.8 million, one mile project will also include the installation of raised curb medians and new signals. Please continue to frequent the Precinct Line Rd businesses throughout the next 18 months of culvert and road widening. The final product will be wonderful, but it will require patience and good construction methods to get there.



*Want to apply
for next year's class?
Apply online at ci.hurst.tx.us.*

*Applications due
Sept. 19*

Youth in Government

The Youth in Government is wrapping up its sixth successful year and is looking forward to gaining new applicants. The program, started by City Council in 2001, allows students to explore possible career paths by getting hands-on experience in different departments while building a stronger resume. The Youth meet with local officials, interact with students from other schools, participate in service projects and are given the resources to make a difference in their community. Youth in Government is open to

all high school juniors and seniors that live in the City or attends any of the four districts that serve Hurst. Each student has the chance to win a college scholarship along with a paid summer internship. For more information and an application for next years program visit the City's website at ci.hurst.tx.us and navigate to City Council and the Youth in Government Program, or call (817) 788-7029.



Employee Giving Day 2008

More than 120 City of Hurst employees and members of the City Council helped paint and landscape four homes in Hurst on May 9. They replaced broken windows, repaired leaking roofs, replaced broken fences, updated landscaping and assisted on needed outside home repair. The City's Employee Giving Day program began in 1998 in an effort to revitalize older areas of the community and help senior citizens make needed repairs to their homes. Area businesses donate money and supplies needed for the event while City employees provide the necessary labor. The City of Hurst would like to thank the following businesses who supported the 2008 Employee Giving Day: Kelly-Moore Paints, Lowe's, Mr. C's Hardware, Perdue, Brandon, Fielder, Colins & Mott LLP, Pipes Plant Farm, Allied Waste, All American Doors, Bronco's, Ed's Electric, Boyle & Lowry, American Municipal Services, Metro Irrigation, Dukes Root Control Inc., L3 Communications, Mobile-Vision Inc., Nationwide Mutual Insurance Co., Conley Group, Komatsu Architecture.



“CITY OF HURST
EMPLOYEES AND
MEMBERS OF
THE CITY COUNCIL
HELPED PAINT
AND LANDSCAPE FOUR
HOMES IN HURST.”

Each year the City of Hurst recognizes outstanding Hurst businesses at the annual Hurst Pride and Business Awards luncheon. The Hurst Pride Awards honor businesses who demonstrate landscape and design excellence, style and aesthetics, creative use of building materials and a commitment to maintenance. The Business Awards are determined by the Economic Development Advisory Committee and honor companies that demonstrate longevity, image enhancement, quality service, marketing success, renovation/revitalization and a spirit of entrepreneurship.

The City of Hurst encourages residents, businesses, property owners, visitors and customers to nominate a Hurst business. The luncheon will be held September 12 to recognize the award recipients. A business may be nominated by completing a nomination form on the city website, ci.hurst.tx.us, or by calling (817) 788-7094. Forms may be faxed to (817) 788-7074 or mailed to 1505 Precinct Line Rd., Hurst, TX 76054, attn. Mike Morgan.

Hurst Pride and Business Awards



Special Delivery

“Shop First in Hurst” is more than just a catchy phrase. It’s our mantra at the City of Hurst. We continually encourage residents to support our local businesses. With so much to offer in Hurst, why shop anywhere else? We showcase our wide variety of businesses each year in our Restaurant, Retail and Business Guide. Every mailbox in Hurst can anticipate the arrival of this annual guide, complete with addresses and phone numbers of each business in Hurst. We publish the guide at no cost to businesses. The guide is also available online with the most up-to-date information at <http://hurst.mesh.net/> or call (817) 788-7094 for additional copies. With the holidays just around the corner make “shop first in Hurst” your mantra.





Hurst Senior Citizens Activities Center

Design plans for the Hurst Senior Citizens Activities Center are almost complete. The Hurst Senior Citizens Advisory Board and City Council recently reviewed and approved the interior color pallets and finishes for the Senior Center. Komatsu Architecture, with the Senior Board's recommendation, will spend the next few months preparing detailed designs for each room. The Hurst Senior Center will be a warm and inviting space for seniors to recreate, socialize and relax.

As plans for the Senior Center are being finalized, plans for the Heritage Village development are also underway. The Senior Center architects are collaborating with the Landscape Architect on the overall site design, including parking and traffic patterns and common landscape areas. Two large parking lots adjacent to either side of the Senior Center will make access into the building convenient for all members. A large, beautifully landscaped commons area in the center of Heritage Village will draw everyone's attention to the new development.

Construction on the
***Hurst Senior
Citizens
Activities Center***

is scheduled to begin in
September and slated to
open Fall 2009.



See
Page
40 for
registration
information

Recreation Center Information:

700 Mary Drive :: (817) 788-7325

Hours of Operation:

Mon. - Thur.	6:30 AM – 10:00 PM
Friday	6:30 AM – 6:00 PM
Saturday	9:00 AM – 6:00 PM
Sunday	1:00 PM – 6:00 PM



Recreation Division Programs

Youth Sports Associations:

Hurst Girls Softball League (HGSL) (817) 825-2198 www.eteamz.com/hurstgsl	Tri-Cities Baseball Assn. (TCBA) (817) 285-0200 www.tcbaseball.com
Mid-Cities Basketball Assn. (MCBA) (817) 354-6208 www.midcitiesbasketball.org	Hurst United Soccer Assn. (HUSA) (817) 282-8680 www.hurstunitedsoccer.com

Mid-Cities PeeWee Football & Cheerleading Assn.
(817) 282-2390
www.midcitiespeeweefootball.org

Recreation Center Fees:

	Hurst Residents	Non-Hurst Residents
Daily Pass	\$1.00	\$5.00
Annual Pass Youth (6 – 15 years)	\$10.00 per year	\$40.00 per year
Annual Pass Adult (16 – 64 years)	\$25.00 per year	\$100.00 per year
Annual Pass Senior (65+ years)	\$10.00 per year	\$40.00 per year
Annual Family Pass	\$65.00 per year	N/A
Replacement Card Fee	\$5.00	\$5.00

Mission Statement

The Hurst Recreation Division is dedicated to improving the quality of life for citizens of all ages by providing a variety of recreational activities, special events, facilities, and services that encourage life-long learning, fitness and fun.

Pre-School Programs

Van Gogh's Two's (18 months to 2 years)
Your 2-year old could be the next Van Gogh! Come find out as they express themselves through fun art projects. (\$5 Supply Fee)

Instructor: Mary Cassidy (Certified School Teacher)

Fall:

18020A	M	4:30-5:00 PM	8WKS	9/8	\$22
18020B	W	9:30-10:00 AM	8WKS	9/3	\$22

Holiday:

19020A	M	4:30-5:00 PM	5WKS	11/3	\$14
19020B	W	9:30-10:00 AM	5WKS	11/5	\$14

Mozart's Two's (18 months to 2 years)
Can you imagine the beautiful music your 2-year old and their new friends will create with musical instruments? They will play musical instruments and games. (\$5 Supply Fee)

Instructor: Mary Cassidy (Certified School Teacher)

Fall:

18000A	M	5:00-5:30 PM	8WKS	9/8	\$22
18000B	W	10:00-10:30 AM	8WKS	9/3	\$22

Holiday:

19000A	M	5:00-5:30 PM	5WKS	11/3	\$14
19000B	W	10:00-10:30 AM	5WKS	11/5	\$14

Lunch A Bunch! (3 to 5 years)
Calling all pre-schoolers to the kitchen! Come learn how to create a healthy lunch. (Supply Fee \$10)

Instructor: Mary Cassidy (Certified School Teacher)

Fall:

18170A	T	10:30-11:15 AM	8WKS	9/2	\$24
19170A	T	10:30-11:15 AM	5WKS	11/4	\$15

Creative Time For Tots (3 to 4 years)
This class is designed to teach your pre-schooler important social skills through interaction with others. Your child will prepare for Pre-K through an introduction to letters, numbers and colors. In a structured, yet fun, environment, your child will learn through crafts, music, stories and creative play. (\$10 supply fee)

Instructor: Barbara Johnson (Certified School Teacher)

Fall:

18040A	MW	8:45-10:30 AM	8WKS	9/3	\$56
18040B	TTH	8:45-10:30 AM	8WKS	9/2	\$56

Holiday:

19040A	MW	8:45-10:30 AM	5WKS	11/3	\$35
19040B	TTH	8:45-10:30 AM	5WKS	11/4	\$35

Pre-K Kids (4 to 5 years)
This class is designed to prepare your child for Kindergarten. Through crafts, stories, music and play time, they will learn the alphabet, numbers and colors in a structured, yet fun, environment. Your child will develop improved social skills through their interaction with other students. Be sure to bring a sack lunch. (\$10 supply fee)

Instructor: Barbara Johnson (Certified School Teacher)

Fall:

18050A	MW	11:00-2:30 PM	8WKS	9/3	\$98
18050B	TTH	11:00-2:30 PM	8WKS	9/2	\$98

Holiday:

19050A	MW	11:00-2:30 PM	5WKS	11/3	\$61
19050B	TTH	11:00-2:30 PM	5WKS	11/4	\$61

Play & Learn (3 to 5 years)
Playing and learning go hand-in-hand, making learning fun. Your child will be introduced to numbers, letters, colors, painting, and crafts. (\$7 supply fee)

Instructor: Tammy Slovensky

Fall:

18160A	MW	11:30-Noon	8WKS	9/3	\$34
19160A	MW	11:30-Noon	5WKS	11/3	\$22

Yes, I Can Draw (3 to 5 years)
Yes, you can draw! This class is designed to teach your youngster the first form of communication, art. They will have a chance to let their creativity flow. (Supply List)

Instructor: Mary Cassidy (Certified School Teacher)

Fall:

18010A	T	9:00-9:30 AM	8WKS	9/2	\$22
19010A	T	9:00-9:30 AM	5WKS	11/4	\$14

Phonics Fun (3 to 5 years)
Come one, come all to the big sounds of letters. You will learn pre-reading skills through games and activities that teach phonics. (Supply Fee \$5)

Instructor: Mary Cassidy (Certified School Teacher)

Fall:

18030A	M	9:00-9:45 AM	8WKS	9/8	\$24
18030B	TH	9:00-9:45 AM	8WKS	9/4	\$24

Holiday:

19030A	M	9:00-9:45 AM	5WKS	11/3	\$15
19030B	TH	9:00-9:45 AM	5WKS	11/6	\$15

Phonics Fun - Step 2 (3 to 5 years)
Ready for more phonics? Come take the next step of Phonics Fun and learn some more! (Supply Fee \$5)

Instructor: Mary Cassidy (Certified School Teacher)

Fall:

18035A	M	10:30-11:15 AM	8WKS	9/8	\$24
19035A	M	10:30-11:15 AM	5WKS	11/3	\$15

Spooky Swamp (3 to 5 years)
Come learn about the animals who live in the swamp. We will learn about their habits, what they eat, and why they live there. (Supply Fee \$5)

Instructor: Mary Cassidy (Certified School Teacher)

Fall:

18111A	TH	9:45-10:35 AM	8WKS	9/4	\$24
19111A	TH	9:45-10:35AM	5WKS	11/6	\$15

NEW CLASS! Hands on Math (3 to 5 years)
Let's learn numbers the fun way! We will learn to add, subtract, and counting. We will also use musical instruments to help us have fun while learning! (Supply Fee \$5)

Instructor: Mary Cassidy (Certified School Teacher)

Fall:

18075A	M	9:45-10:30 AM	8WKS	9/8	\$24
19075A	M	9:45-10:30 AM	5WKS	11/3	\$15

Crafty Motor Skills (3-5 years)
Let's have fun developing our fine motor skills through fun craft projects! By completing the crafts using scissors, pens, and pencils, you will help develop the fine motor skills required to complete these tasks. (\$5 supply fee)

Instructor: Mary Cassidy (Certified School Teacher)

Fall:

18120A	T	9:30-10:20 AM	8WKS	9/2	\$24
19120A	T	9:30-10:20 AM	5WKS	11/4	\$15

Preschool Programs:

Just a couple reminders...

With your child's best interest in mind, we ask that parents not remain in the classroom after the class begins. Our instructors have found that their quality of instruction is affected by parental distractions and interruptions.

In order to provide the best learning environment, children 3-5 years must be toilet trained.

Little Tyke Basketball *(3-5 years)*
Is the NBA in your future? Come get the ball bouncing and learn the basics to get started. Tennis shoes required.

Instructor: Jennifer Baer

<i>Fall: (3 years)</i>					
18500-A	M	9:45-10:15 AM	8WKS	9/8	\$22
<i>Holiday: (3 years)</i>					
19500-A	M	9:45-10:15 AM	5WKS	11/3	\$14
<i>Fall: (4-6 years)</i>					
18500-B	W	9:45-10:15 AM	8WKS	9/3	\$22
<i>Holiday: (4-6 years)</i>					
19500-B	W	9:45-10:15 AM	5WKS	11/5	\$14

Little Tyke Soccer *(2-5 years)*
GGG000AAALLL! You will get your feet running and learn the basics of the world’s most popular sport. Tennis shoes required.

Instructor: Stacie Castillo

<i>Fall: (2-3 years)</i>					
18600-A	F	9:00-9:30 AM	8WKS	9/5	\$22
<i>Holiday: (2-3 years)</i>					
19600-A	F	9:00-9:30 AM	5WKS	11/7	\$14
<i>Fall: (4-5 years)</i>					
18600-B	F	9:30-10:00 AM	8WKS	9/5	\$22
<i>Holiday: (4-5 years)</i>					
19600-B	F	9:30-10:00 AM	5WKS	11/7	\$14

Little Tyke Sports *(2-5 years)*
Looking for some good old-fashioned fun? We’ll get a little taste of soccer, basketball, running, fitness, and just plain fun.

Instructor: Stacie Castillo

<i>Fall: (2-3 years)</i>					
18700-A	F	10:00-10:30 AM	8WKS	9/5	\$22
<i>Holiday: (2-3 years)</i>					
18700-B	F	10:30-11:00 AM	8WKS	9/5	\$22
<i>Fall: (4-5 years)</i>					
19700-A	F	10:00-10:30 AM	5WKS	11/7	\$14
<i>Holiday: (4-5 years)</i>					
19700-B	F	10:30-11:00 AM	5WKS	11/7	\$14

Cheerleading 101 *(3-5 years)*
Here’s your first step in learning to be a cheerleader. You will learn basic motions, jumps, and cheers. Please wear comfortable shorts, t-shirt, and tennis shoes, and wear your hair pulled back.

Instructor: Cassie Grieco (National Champion Cheerleader)

<i>Fall:</i>					
18025-A	M	4:30-5:15 PM	8WKS	9/8	\$24
<i>Holiday:</i>					
19025-A	M	4:30-5:15 PM	5WKS	11/3	\$15

Computer Tots *(3-5 years)*
Come and learn about computers through the Elmo’s Pre-School and Jump Start Kindergarten programs!

Instructor: Vicki McMeans

<i>Fall:</i>					
18800-A	TH	9:00-9:30 AM	8WKS	9/4	\$22
<i>Holiday:</i>					
19800-A	TH	9:00-9:30 AM	5WKS	11/6	\$14

Tap For Tots *(3-5 years)*
No previous tap experience needed! In this fun and energetic class you will learn rotary-based basics of tap dancing. You will also have fun with a wide variety of music, styles, and rhythms. Each class is designed based on the students’ abilities. (Tap shoes required.)

Instructor: LaTisha Clay

<i>Fall:</i>					
18065-A	TH	4:00-4:30 PM	8WKS	9/4	\$22
<i>Holiday:</i>					
19065-A	TH	4:00-4:30 PM	5WKS	11/6	\$14

Tiny Dancer 1 *(3-5 years)*
Your tiny dancer will learn tap, ballet and rhythmic movements. (Ballet and tap shoes are required.)

Fall:

Instructor: Lorri Grieco

18060-A	T	10:30-11:15 AM	8WKS	9/2	\$24
<i>Instructor: Kendra Grieco</i>					
18060-B	TH	10:00-10:45 AM	8WKS	9/11	\$24
18060-C	F	10:00-10:45 AM	8WKS	9/12	\$24

Instructor: Candice Sanders

18060-D	M	5:45-6:30 PM	8WKS	9/8	\$24
18060-E	W	5:30-6:15 PM	8WKS	9/3	\$24

Holiday:

Instructor: Lorri Grieco

19060-A	T	10:30-11:15 AM	5WKS	11/4	\$15
<i>Instructor: Kendra Grieco</i>					
19060-B	TH	10:00-10:45 AM	5WKS	11/6	\$15
19060-C	F	10:00-10:45 AM	5WKS	11/7	\$15

Instructor: Candice Sanders

19060-D	M	5:45-6:30 PM	5WKS	11/3	\$15
19060-E	W	5:30-6:15 PM	5WKS	11/5	\$15

NEW CLASS! Creative Movement *(3-5 years)*
Do you like to dance, jump, and just plain wiggle around? Come express yourself through movement to fun and upbeat music.

Instructor: Lorri Grieco

<i>Fall:</i>					
18080-A	T	11:15-11:45 AM	8WKS	9/2	\$22
<i>Holiday:</i>					
19080-A	T	11:15-11:45 AM	5WKS	11/4	\$14

Nursery Rhyme Classics *(3-5 years)*
Come learn the classic nursery rhymes! We will learn the fun rhymes and create crafts. (Supply Fee \$5)

Instructor: Jennifer Baer

<i>Fall:</i>					
18115-A	M	9:00-9:30 AM	8WKS	9/8	\$22
<i>Holiday:</i>					
19115-A	M	9:00-9:30 AM	5WKS	11/3	\$14



Dynamite Dinosaurs *(3-5 years)*
Do you dig dinos? We will learn about the different species of dinosaurs, make crafts, and do a fossil hunt. (Supply Fee \$5)

Instructor: Jennifer Baer

<i>Fall:</i>					
18200-A	W	9:00-9:30 AM	8WKS	9/3	\$22
<i>Holiday:</i>					
19200-A	W	9:00-9:30 AM	5WKS	11/5	\$14

NEW CLASS! Let’s Find Your Manners! *(3-6 years)*
Manners? What the heck are those? Come learn about table and basic daily manners that are important to know. To show our parents how much we learned, we will dress up and have tea and sandwiches on the last class.

Instructor: Jennifer Baer

<i>Fall:</i>					
18100-A	W	10:30-11:00 AM	8WKS	9/3	\$22
<i>Holiday:</i>					
19100-A	W	10:30-11:00 AM	5WKS	11/5	\$14

Paints and Crafts Galore *(3-5 years)*
It’s time for fun! We’ll create our very own works of art through paints and crafts. (Supply Fee \$5)

Instructor: Tammy Slovensky

<i>Fall:</i>					
18090-A	T	11:00-11:30 AM	8WKS	9/2	\$22
<i>Holiday:</i>					
19090-A	T	11:00-11:30 AM	5WKS	11/4	\$14

Pre-School & Youth Combination Programs

Messy Crafts and Play *(3-7 years)*
Do you like getting messy? Do you like hands-on playing? We will dig right into crafts with play-doh, painting, gluing, and more. (Supply fee \$5)

Instructor: Michelle Riley

<i>Fall:</i>					
18222-A	F	10:15-10:45 AM	4WKS	9/5	\$12
18222-B	F	10:15-10:45 AM	4WKS	10/10	\$12
<i>Holiday:</i>					
19222-A	F	10:15-10:45 AM	4WKS	11/14	\$12

Discover Space *(3-7 years)*
Calling all Buzz Lightyears! We will explore space and the planets with activities and crafts. (Supply Fee \$5)

Instructor: Michelle Riley

<i>Fall:</i>					
18400-A	F	9:00-9:45 AM	4WKS	9/5	\$12
18400-B	F	9:00-9:45 AM	4WKS	10/10	\$12
<i>Holiday:</i>					
19400-A	F	9:00-9:45 AM	4WKS	11/14	\$12

Bug Scientist *(3-7 years)*
Are you buggy for BUGS? We will learn about insects with fun activities and crafts! (Supply Fee \$5)

Instructor: Michelle Riley

<i>Fall:</i>					
18300-A	F	9:45-10:15 AM	4WKS	9/5	\$12
18300-B	F	9:45-10:15 AM	4WKS	10/10	\$12
<i>Holiday:</i>					
19300-A	F	9:45-10:15 AM	4WKS	11/14	\$12



One-Time Classes

Harvest Fun! *(3-12 years)*
Scarecrows and pumpkins galore! We will create fall-themed gifts! (\$10 Supply fee)

Instructor: Mary Cassidy

<i>(3-5 years)</i>					
18900-A	S	10:00-Noon	1 TIME	10/4	\$15
<i>(6-12 years)</i>					
18900-B	S	1:00-3:30 PM	1 TIME	10/4	\$17

Halloween Craft Workshop *(3-6 years)*
Come join the fun as we create a fun Halloween craft! (\$5 Supply fee)

Instructor: Jennifer Baer

18888-A	M	10:30-11:00 AM	1 TIME	10/27	\$8
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<i>Instructor: Mary Cassidy</i>					
<i>(3-5 years)</i>					
18045-A	S	10:00-Noon	1 TIME	10/25	\$15
<i>(6-12 years)</i>					
18045-B	S	1:00-3:30 PM	1 TIME	10/25	\$17

Santa’s Workshop *(3-12 years)*
Let’s get ready for the holidays and make some wonderful treats and crafts! (\$10 Supply fee)

Instructor: Mary Cassidy

<i>Craft Class:</i>					
<i>(3-5 years)</i>					
19130-A	S	10:00-Noon	1 TIME	11/22	\$15
<i>(6-12 years)</i>					
19130-B	S	1:00-3:30 PM	1 TIME	11/22	\$17

<i>Candy Class:</i>					
<i>(3-5 years)</i>					
19333-A	S	10:00-Noon	1 TIME	12/6	\$15
<i>(6-12 years)</i>					
19333-B	S	1:00-3:30PM	1 TIME	12/6	\$17

Christmas Craft Workshop *(3-6 years)*
Come join the fun as we create a fun Christmas craft!

Instructor: Jennifer Baer

19444-A	M	10:30-11:00 AM	1 TIME	12/1	\$8
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<i>Instructor: Michelle Riley</i>					
19999-A	W	10:00-11:00 AM	1 TIME	12/17	\$12
19999-B	S	10:30-11:30 AM	1 TIME	12/20	\$12

Youth Programs

Yes, I Can Draw *(6-11 years)*
Yes, you can draw! You will develop your fine motor skills by putting your creativity to work through drawing. (Supply list)

Instructor: Mary Cassidy (Certified School Teacher)

<i>Fall:</i>					
28170-A	T	5:00-5:50 PM	8WKS	9/2	\$24
<i>Holiday:</i>					
29170-A	T	5:00-5:50 PM	5WKS	11/4	\$15

Water Coloring *(6-12 years)*
Calling all kids! Come explore your creative side by creating your very own watercolors. You will learn about color combinations and different applications. (\$10 Supply Fee)

Instructor: Mary Cassidy (Certified School Teacher)

<i>Fall:</i>					
28090-A	T	6:00-7:00 PM	8WKS	9/2	\$24
<i>Holiday:</i>					
29090-A	T	6:00-7:00 PM	5WKS	11/4	\$15

Homeschool Food Fun *(6-15 years)*
Come learn how to cook a variety of meals using the stove, oven, and microwave. (Supply Fee \$10)

Instructor: Mary Cassidy (Certified School Teacher)

<i>Fall:</i>					
28060-A	W	Noon-1:00 PM	8WKS	9/3	\$24
<i>Holiday:</i>					
29060-A	W	Noon-1:00 PM	8WKS	11/5	\$15

Homeschool Art Fun *(6-15 years)*
Let’s let our imagination run and create our own works of art! (Supply Fee \$10)

Instructor: Mary Cassidy (Certified School Teacher)

<i>Fall:</i>					
28040-A	W	11:00-Noon	8WKS	9/3	\$24
<i>Holiday:</i>					
29040-A	W	11:00-Noon	5WKS	11/5	\$15

Cheerleading 101 *(6-12 years)*
Here’s your first step in learning to be a cheerleader. You will learn basic motions, jumps, and cheers. Please wear comfortable shorts, t-shirt, and tennis shoes, and wear your hair pulled back.

Instructor: Cassie Grieco (National Champion Cheerleader)

<i>Fall:</i>					
28180-A	M	5:15-6:00 PM	8WKS	9/8	\$24
<i>Holiday:</i>					
29180-A	M	5:15-6:00 PM	5WKS	11/3	\$1

Guitar II (All Ages)

Wanting to learn more about playing your guitar? In this class, you will learn music theory, sight reading, and even learn your first solo piece.

Instructor: Ray Wallace

Fall:

28025-A	T	6:00-7:00 PM	8WKS	9/2	\$30
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Holiday:

29025-A	T	6:00-7:00 PM	5WKS	11/4	\$19
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Guitar III (9-17 years)

Guitar III will help you further the skills you have already learned. You will learn more advanced skills and additional solo pieces of your choice. (The class will be presented in a workshop format.)

Instructor: Ray Wallace

Fall:

28023-A	T	7:15-8:15 PM	8WKS	9/2	\$30
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Holiday:

29023-A	T	7:15-8:15 PM	5WKS	11/4	\$19
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Karate/Self-Defense (5-15 years)

Several forms of martial arts have been blended into a practical system of self-defense designed to combat various situations. You will learn how to handle situations both physically and mentally. Fees for belt testing and uniforms are paid to the instructor.

Instructor: Bob Klavitter

Fall: (Beginner 5-7 years)

28111-A	M/W	4:00-5:00 PM	8WKS	9/3	\$34
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Holiday: (Beginner 5-7 years)

29111-A	M/W	4:00-5:00 PM	5WKS	11/3	\$21
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Fall: (Beginner 8-15 years)

28111-B	M/W	5:00-6:00 PM	8WKS	9/3	\$34
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Holiday: (Beginner 8-15 years)

29111-B	M/W	5:00-6:00 PM	5WKS	11/3	\$21
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ITF – Tae Kwon Do (4-15 years)

ITF-Tae Kwon Do is the only original and traditional Korean Tae Kwon Do in DFW. You will increase your flexibility, physical fitness, self defense, self control, discipline and stress relief while building self-esteem and concentration.

Instructor: Jonathan Nguyen (member of ITF-Unified and Grandmaster Van Binh)

Fall:

28700-A	S	3:00-4:00 PM	8WKS	9/6	\$56
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Holiday:

29700-A	S	3:00-4:00 PM	5WKS	11/8	\$35
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Olympic Sport of Judo (6-12 years)

Judo has been an Olympic sport since 1964. Here is your chance to learn the sport of Judo from a nine-time National medal winner. Judo will not only increase your fitness level, but also increase your confidence and discipline. This is an ongoing monthly class.

Instructor: Kim Mesa (5th degree black belt)

September:

28900-B	M	6:00-7:00 PM	4WKS	9/8	\$32
	S	9:05-10:05 AM			

October:

29900-A	M	6:00-7:00 PM	4WKS	10/6	\$32
	S	9:05-10:05 AM			

November:

29900-B	M	6:00-7:00 PM	4WKS	11/3	\$32
	S	9:05-10:05 AM			

December:

29900-C	M	6:00-7:00 PM	4WKS	12/1	\$32
	S	9:05-10:05 AM			

Legends Martial Arts (5-11 years)

A Korean martial art, this class is for all ages. You will develop flexibility, concentration, general conditioning, hand/eye coordination, balance, self-discipline, and physical/mental well-being.

Instructor: Chris Malhiot

WHITE BELTS: (All beginners start in this class.)

September:

28500-A	Th	5:00-5:30 PM	4WKS	9/4	\$38
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October:

28500-B	Th	5:00-5:30 PM	4WKS	10/2	\$38
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November:

28500-C	Th	5:00-5:30 PM	4WKS	11/6	\$38
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December:

28500-D	Th	5:00-5:30 PM	4WKS	12/4	\$38
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REGULAR CLASS:

September:

28500-E	Th	5:30-7:00 PM	4WKS	9/4	\$38
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October:

28500-F	Th	5:30-7:00 PM	4WKS	10/2	\$38
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November:

28500-G	Th	5:30-7:00 PM	4WKS	11/6	\$38
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December:

28500-H	Th	5:30-7:00 PM	4WKS	12/4	\$38
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3-In-1 Dance Combo Class (5-10 years)

Are you looking for a class that has it all? You will get a taste of ballet, tap, and jazz all in the same class!

Instructor: Lorri Grieco

Fall:

28300-A	T	4:00-5:15PM	8WKS	9/2	\$28
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Holiday:

29300-A	T	4:00-5:15PM	5WKS	11/4	\$18
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Tap & Ballet (5-7 years)

Here is your chance to get a taste of both tap and ballet in one class. You will learn basic tap and ballet steps to today's modern music. (Tap and ballet shoes are required)

Instructor: Candice Sanders

Fall:

28010-A	M	6:30-7:30 PM	8WKS	9/8	\$26
28010-B	W	6:30-7:30 PM	8WKS	9/3	\$26

Holiday:

29010-A	M	6:30-7:30 PM	5WKS	11/3	\$16
29010-B	W	6:30-7:30 PM	5WKS	11/5	\$16

Beginning Jazz and Tap (5-7 years)

Here is your chance to get a taste of both tap and jazz in one class. You will learn the basic tap and jazz steps to today's modern music. (Tap and Jazz shoes required.)

Instructor: Kendra Grieco

Fall:

28120-A	F	4:00-5:00 PM	8WKS	9/12	\$26
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Holiday:

29120-A	F	4:00-5:00 PM	5WKS	11/7	\$16
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Hip-Hop Dance (8-14 years)

Even if you have no previous dance experience, you can take this class! We will explore the elements of dance and movement. Not only will we study classical dance, but also learn rhythm and how to count the beats to the music. We will create Hip-Hop style routines and center floor steps.

Fall:

Instructor: Kendra Grieco

28070-A	F	5:00-5:45 PM	8WKS	9/12	\$26
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Instructor: LaTisha Clay

28070-B	TH	5:00-5:45 PM	8WKS	9/4	\$26
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Holiday:

Instructor: Kendra Grieco

29070-A	F	5:00-5:45 PM	5WKS	11/7	\$16
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Instructor: LaTisha Clay

29070-B	TH	5:00-5:45 PM	5WKS	11/6	\$16
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Gymnastics Programs

Parent/Tot Tumbling (16-36 months)

A fun class for you and your child to build a growing relationship through the learning of basic motor skills, tumbling, and coordination. One child per parent.

Fall: Instructor: Lauren Cassidy

38040-A	T	9:30-10:00 AM	8WKS	9/2	\$22
38040-B	TH	9:30-10:00 AM	8WKS	9/4	\$22

Fall: Instructor: Tammy Slovensky

38040-C	M	9:30-10:00 AM	8WKS	9/8	\$22
38040-D	T	10:00-10:30 AM	8WKS	9/2	\$22
38040-E	W	9:30-10:00 AM	8WKS	9/3	\$22

Holiday: Instructor: Lauren Cassidy

39040-A	T	9:30-10:00 AM	5WKS	11/4	\$14
39040-B	TH	9:30-10:00 AM	5WKS	11/6	\$14

Holiday: Instructor: Tammy Slovensky

39040-C	M	9:30-10:00 AM	5WKS	11/3	\$14
39040-D	T	10:00-10:30 AM	5WKS	11/4	\$14
39040-E	W	9:30-10:00 AM	5WKS	11/5	\$14

Tiny Tykes (2.5-3.5 years)

Here's a class that introduces your child to the basic motor skills for tumbling and acquaints tots with the gymnastics equipment.

Fall: Instructor: Lauren Cassidy

38030-A	T	10:00-10:30 AM	8WKS	9/2	\$22
38030-B	TH	10:00-10:30 AM	8WKS	9/4	\$22

Fall: Instructor: Tammy Slovensky

38030-C	M	10:00-10:30 AM	8WKS	9/8	\$22
38030-D	M	10:30-11:00 AM	8WKS	9/8	\$22
38030-E	T	9:30-10:00 AM	8WKS	9/2	\$22
38030-F	W	10:30-11:00 AM	8WKS	9/3	\$22

Holiday: Instructor: Lauren Cassidy

39030-A	T	10:00-10:30 AM	5WKS	11/4	\$14
39030-B	TH	10:00-10:30 AM	5WKS	11/6	\$14

Holiday: Instructor: Tammy Slovensky

39030-C	M	10:00-10:30 AM	5WKS	11/3	\$14
39030-D	M	10:30-11:00 AM	5WKS	11/3	\$14
39030-E	T	9:30-10:00 AM	5WKS	11/4	\$14
39030-F	W	10:30-11:00 AM	5WKS	11/5	\$14

Tumbling Tots I (3-4 years)

Your tot will strengthen motor skills and enhance his/her coordination while learning tumbling skills and the use of all gymnastics equipment.

Fall: Instructor: Lauren Cassidy

38011-A	T	10:30-11:00 AM	8WKS	9/2	\$22
38011-B	T	5:00-6:00 PM	8WKS	9/2	\$22
38011-C	TH	10:30-11:00 AM	8WKS	9/4	\$22
38011-D	TH	5:00-6:00 PM	8WKS	9/4	\$22

Fall: Instructor: Tammy Slovensky

38011-E	M	11:00-11:30 AM	8WKS	9/8	\$22
38011-F	M	5:30-6:00 PM	8WKS	9/8	\$22
38011-G	T	10:30-11:00 AM	8WKS	9/2	\$22
38011-H	W	10:00-10:30 AM	8WKS	9/3	\$22

Holiday: Instructor: Lauren Cassidy

39011-A	T	10:30-11:00 AM	5WKS	11/4	\$14
39011-B	T	5:00-6:00 PM	5WKS	11/4	\$14
39011-C	TH	10:30-11:00 AM	5WKS	11/6	\$14
39011-D	TH	5:00-6:00 PM	5WKS	11/6	\$14

Holiday: Instructor: Tammy Slovensky

39011-E	M	11:00-11:30 AM	5WKS	11/3	\$14
39011-F	M	5:30-6:00 PM	5WKS	11/3	\$14
39011-G	T	10:30-11:00 AM	5WKS	11/4	\$14
39011-H	W	10:00-10:30 AM	5WKS	11/5	\$14



Tumbling Tots II (4-5 years)

Your tumbler will learn more advanced movements while mastering the skills introduced in Level I.

Fall: Instructor: Lauren Cassidy

38022-A	T	11:00-11:30 AM	8WKS	9/2	\$22
38022-B	T	5:30-6:00 PM	8WKS	9/2	\$22
38022-C	TH	11:00-11:30 AM	8WKS	9/4	\$22
38022-D	TH	5:30-6:00 PM	8WKS	9/4	\$22

Fall: Instructor: Tammy Slovensky

38022-F	W	11:30-Noon	8WKS	9/3	\$22
38022-G	W	5:30-6:00 PM	8WKS	9/3	\$22

Holiday: Instructor: Lauren Cassidy

34022-A	T	10:30-11:00 AM	5WKS	7/8	\$11
34022-B	T	5:30-6:00 PM	5WKS	7/8	\$11
34022-C	TH	11:00-11:30 AM	5WKS	7/10	\$11
34022-D	TH	5:30-6:00 PM	5WKS	7/10	\$11

Holiday: Instructor: Tammy Slovensky

39022-F	W	11:30-Noon	5WKS	11/5	\$14
39022-G	W	5:30-6:00 PM	5WKS	11/5	\$14

Beginner Gymnastics (6-11 years)

You will learn body control while performing the basic fundamentals of gymnastics and dance on the floor, beam, bars and vault.

Fall: Instructor: Lauren Cassidy

38051-A	T	4:00-5:00 PM	8WKS	9/2	\$26
38051-B	TH	4:00-5:00 PM	8WKS	9/4	\$26

Fall: Instructor: Tammy Slovensky

38051-C	M	6:00-7:00 PM	8WKS	9/8	\$26
38051-D	W	6:00-7:00 PM	8WKS	9/3	\$26

Holiday: Instructor: Lauren Cassidy

39051-A	T	4:00-5:00 PM	5WKS	11/4	\$16
39051-B	TH	4:00-5:00 PM	5WKS	11/6	\$16

Holiday: Instructor: Tammy Slovensky

39051-C	M	6:00-7:00 PM	5WKS	11/3	\$16
39051-D	W	6:00-7:00 PM	5WKS	11/5	\$16

Boys Gymnastics (6-11 years)

Here's a class just for the boys! You will learn basic tumbling while working on strength, fine motor skills, and coordination.

Instructor: Scotty Cottle

Fall:

38080-A	T	6:00-6:30 PM	8WKS	9/2	\$22
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Holiday:

39080-A	T	6:00-6:30 PM	5WKS	11/4	\$14
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Advanced Beginner Boys Gymnastics (6-11 years)

Adult Programs

Personal Training

Do you need motivation to reach your fitness goals? Through personal training, you can reach your cardiovascular and strength training goals with a program tailored for you. A one hour session is \$41 or a series of five is \$172. Sessions are set by appointment.

Fitness Evaluations

Are you getting started on your fitness program and do not know where to begin? A fitness evaluation should be your first step in any fitness program. Your level of fitness is assessed in five components: cardiovascular, muscular strength, muscular endurance, flexibility and body composition. A one hour session is \$41. All evaluations are done by appointment.

Nutrition Counseling

Can't get rid of that extra weight? Need nutrition assistance for your sports training? Have a medical condition that would benefit from nutrition assistance? Individual nutrition counseling is available for your every need. Expertise in weight loss and management, disease management, sports nutrition, eating disorders, and general wellness. A one-hour session is \$52 or a series of 3 sessions is \$117. All evaluations are done by appointment.

Instructor: Esther White, MS, RD, LD

The Power Package

Join forces with the experts in nutrition and fitness for successful results! Your Power Package includes 2 sessions focused on nutrition with a customized diet plan and 2 sessions focused on fitness with an evaluation and personal exercise plan. The Power Package is \$142 for the 4 sessions. All evaluations are done by appointment.

Instructors: Esther White, MS, RD, LD

Energize Exercise

Do you like to exercise in the morning and feel energized all day? Then this is the class for you. You will exercise at your own level of endurance. The class puts emphasis on your arms, abdomen and legs.

Instructor: Karen Cowley

Fall:

48010-A	MWThF	8:30-9:15 AM	8WKS	9/3	\$28
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Holiday:

49010-A	MWThF	8:30-9:15 AM	5WKS	11/3	\$18
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Low Impact Aerobics

Join the fun and trim your buns with a variety of low impact work-outs. Classes are designed to motivate and energize you while building your strength and stamina.

Instructor: Behka Hartmann (Certified Fitness Instructor)

Fall:

48040-A	MWF	9:15-10:10 AM	8WKS	9/3	\$36
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Holiday:

49040-A	MWF	9:15-10:10 AM	5WKS	11/3	\$22
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Legs & Abs

Do you want to focus on improving your leg and abdominal muscles? This class will help you better define these two areas.

Instructor: Michelle Lada (Certified Aerobics Instructor)

Fall:

48030-A	T	6:15-6:45 PM	8WKS	9/2	\$12
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Holiday:

49030-A	T	6:15-6:45 PM	5WKS	11/3	\$8
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Cardio Kick

Looking for a fun, full body work-out? Cardio Kick incorporates kickboxing skills and principles to really get fit. Come join the fun!

Instructor: Michelle Lada (Certified Aerobics Instructor)

Fall:

48050-A	T	5:30-6:15PM	8WKS	9/2	\$14
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Holiday:

49050-A	T	5:30-6:15PM	5WKS	11/2	\$10
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Cardio Mix

Let's mix it up and keep your body challenged. We'll vary our workout of cardio exercises from step aerobics, interval training, and boot-camp style workouts to keep your body guessing so you keep seeing positive results.

Instructor: Michelle Lada (Certified Aerobics Instructor)

Fall:

48020-A	MW	5:30-6:15 PM	8WKS	9/2	\$28
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Holiday:

49020-A	MW	5:30-6:15 PM	5WKS	11/3	\$17
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Slim It Out, Tone It Up

Do you want to be sleek and slim? Join this class for a great mix of strengthening and toning exercises to reinvent your body. You will get a total body workout and focus on your core to create a strong and healthy look. This class will challenge and encourage you to meet your goals!

Instructor: Esther White, MS, RD, LD

Fall:

48015-A	TTh	6:40-7:30 AM	8WKS	9/2	\$28
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Holiday:

49015-A	TTh	6:40-7:30 AM	5WKS	11/4	\$17
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Body Sculpting

Here's the total body muscle strengthening class you've been looking for! We'll work on our total body strength using stability balls, tubing, dumbbells and steps.

Instructor: Michelle Lada (Certified Aerobics Instructor)

Fall:

48555-A	S	9:15-10:15 AM	8WKS	9/6	\$26
48555-B	MW	6:15-7:15 PM	8WKS	9/4	\$34

Holiday:

49555-A	S	9:15-10:15 AM	5WKS	11/8	\$16
49555-B	MW	6:15-7:15 PM	5WKS	11/3	\$21

Cycle & Core

Challenge yourself with a great combo cardio and strength class. Come prepared to spin, sweat and strengthen for a total body workout. Bring water, bike shorts or padded seat cover, and determination!

Instructor: Esther Allen-White, MS, RD, LD

Fall:

48300-A	T	5:15-6:35 PM	8WKS	9/2	\$22
48300-B	T	6:00-7:00 PM	8WKS	9/2	\$20

Holiday:

49300-A	T	5:15-6:35 PM	5WKS	11/3	\$14
49300-B	T	6:00-7:00 PM	5WKS	11/3	\$12

Spin & Sweat

Join us for the latest in fitness craze: Spinning! Spinning turns the basics of cycling into a great cardio workout. Get ready to work hard and sweat like crazy.

Instructor: Esther Allen-White, MS, RD, LD

Fall:

48444-A	Th	5:15-6:15 PM	8WKS	9/4	\$22
48444-B	Th	6:15-7:00 PM	8WKS	9/4	\$20

Holiday:

49444-A	Th	5:15-6:15 PM	5WKS	11/4	\$14
49444-B	Th	6:15-7:00 PM	5WKS	11/4	\$12

Hurst Hustlers Running Club

Come join runners of all levels and abilities for a workout. We will accomplish speed, distance, and fun! Perfect way to make friends and meet your fall running goals!

Instructor: Esther Allen-White, MS, RD, LD

Fall:

48001-A	M	7:00-8:00 PM	8WKS	9/8	\$30
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Holiday:

49001-A	M	7:00-8:00 PM	5WKS	11/3	\$19
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Hatha Yoga – Kripalu Style

Learn more about yourself from the inside out with the tools of yoga. Increase your flexibility, balance, and tone your body. Discover the technique of breath control, centering and meditation. (Eat nothing 2 hours prior to class and bring a lap blanket.)

Fall:

Instructor: Deaine Matthys (Certified and registered with KYTA)

48100-A	T	9:15-10:15 AM	8WKS	9/2	\$32
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Instructor: Behka Hartmann

48100B	F	10:15-11:10AM	8WKS	9/5	\$30
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Holiday:

49100A	T	9:15-10:15 AM	5WKS	11/4	\$20
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Instructor: Behka Hartmann

49100B	F	10:15-11:10AM	5WKS	11/7	\$18
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Scaravelli Yoga

Relax and renew with Scaravelli-style yoga. This user-friendly style of yoga emphasizes the use of breath and gravity to lengthen the spine allowing yoga poses to unfold naturally and comfortably. (Please bring a blanket to class.)

Instructor: Julie Harper (Certified and registered with Yoga Alliance)

Fall:

48100-C	W	8:15-9:15 PM	8WKS	9/3	\$32
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Holiday:

49100-C	W	8:15-9:15 PM	5WKS	11/5	\$20
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ITF – Tae Kwon Do

ITF-Tae Kwon Do is the only original and traditional Korean Tae Kwon Do in DFW. You will increase your flexibility, physical fitness, self defense, self control, discipline, and stress relief while building self-esteem and concentration.

Instructor: Jonathan Nguyen (member of ITF-Unified and Grandmaster Van Binh)

Fall:

48700-A	S	4:00-5:00 PM	8WKS	9/6	\$56
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Holiday:

49700-A	S	4:00-5:00 PM	5WKS	11/8	\$35
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Olympic Sport of Judo

Judo has been an Olympic sport since 1964. Here is your chance to learn the sport of Judo from a nine-time national medal winner. Judo will not only increase your fitness level, but also increase your confidence and discipline. This is an ongoing monthly class.

Instructor: Kim Mesa (5th degree Black Belt)

September:

48800-A	MW	7:00-8:30 PM	4WKS	9/8	\$32
	S	10:05-11:30 AM			

October:

48800B	MW	7:00-8:30 PM	4WKS	10/6	\$32
	S	10:05-11:30 AM			

November:

48800-C	MW	7:00-8:30 PM	4WKS	11/3	\$32
	S	10:05-11:30 AM			

December:

48800-D	MW	7:00-8:30 PM	4WKS	12/1	\$32
	S	10:05-11:30 AM			

Legends Martial Arts

You will develop flexibility, concentration, general conditioning, hand/eye coordination, balance, self-discipline, and physical/mental well-being.

Instructor: Chris Malhiot

White belts: (All beginners start in this class.)

September:

28500-A	Th	5:00-5:30 PM	8WKS	9/4	\$38
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October:

28500B	Th	5:00-5:30 PM	8WKS	10/2	\$38
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November:

28500C	Th	5:00-5:30 PM	8WKS	11/6	\$38
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December:

28500D	Th	5:00-5:30 PM	8WKS	12/4	\$38
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Regular Class:

September:

48128-A	Th	7:00-9:00 PM	4WKS	9/4	\$38
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October:

48128-B	Th	7:00-9:00 PM	4WKS	10/2	\$38
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November:

48128-C	Th	7:00-9:00 PM	4WKS	11/6	\$38
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December:

48128-D	Th	7:00-9:00 PM	4WKS	12/4	\$38
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Tai Chi – Beginner

This class will focus on the basics of Tai Chi. Emphasis will be on relaxation, balance, and making the mind-body connection necessary in Tai Chi. Class will study the movements of the first section of the Yang long form.

Instructor: Dan Streeter

September:

48070-A	Th	7:30-8:45 PM	4WKS	9/4	\$37
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October:

48070-B	Th	7:30-8:45 PM	4WKS	10/2	\$37
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November:

48070-C	Th	7:30-8:45 PM	4WKS	11/6	\$37
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December:

48070-D	Th	7:30-8:45 PM	4WKS	12/4	\$37
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Tai Chi – Advanced

This is for advanced students who have a working understanding of the Yang-style 103-movement form. Emphasis will be on relaxation, balance, and making the mind-body connection necessary in Tai Chi. Class will study the movements of the first section of the Yang long form.

Instructor: Dan Streeter

September:

48095-A	S	9:05-10:30 AM	4WKS	9/6	\$37
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October:

48095-B	S	9:05-10:30 AM	4WKS	10/4	\$37
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November:

48095-C	S	9:05-10:30 AM	4WKS	11/1	\$37
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December:

48095-D	S	9:05-10:30 AM	4WKS	12/6	\$37
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Help Us
Help You!

Please enroll early!

Help us keep your favorite classes
around by enrolling early.
There is a point when classes must
be cancelled due to low enrollment.
Help us prevent course cancellations
by registering early.

Belly Dance Basics

Fun dance class! Come learn the basics of belly dance, American Tribal Style! A healthy, low-impact dance class suitable for all body types.

Instructor: Pavalina

Fall:

48200-A	T	7:00-8:00 PM	8WKS	9/2	\$40
48200-B	TH	7:00-8:00 PM	8WKS	9/4	\$40

Holiday:

49200-A	T	7:00-8:00 PM	5WKS	11/4	\$25
49200-B	TH	7:00-8:00 PM	5WKS	11/6	\$25

Intermediate Belly Dance

This class will cover transitions and combinations of belly dance techniques and introduce Zills (finger symbols).

Instructor: Pavalina

Fall:

48225-A	T	8:00-9:00 PM	8WKS	9/2	\$40
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Holiday:

49225-A	T	8:00-9:00 PM	5WKS	11/4	\$25
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Advanced Belly Dance

This class will take you to the next step in belly dance. You will learn to use props and proper staging.

Instructor: Pavalina

Fall:

48227-A	T	9:00-9:45 PM	8WKS	9/2	\$40
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Holiday:

49227-A	T	9:00-9:45 PM	5WKS	11/4	\$25
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Tribal Evolution

This class will cover Tribal Fusion performance preparation.

Instructor: Pavalina

Fall:

43226-A	TH	8:45-9:45 PM	8WKS	6/5	\$20
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Holiday:

49226-A	TH	8:45-9:45 PM	5WKS	11/6	\$25
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Exploring Water Color

If you have always wanted to learn how to paint, then why not start with watercolors? This introductory class consists of basic techniques, color harmony, and composition. (Supply list)

Instructor: Lesley Talty

48120-A	M	9:30-Noon	6WKS	6/2	\$32
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Brush & Palette

Express your talent through the art of oil painting! Basic strokes, color mixing, and application will be covered. (Supply list)

Instructor: Elaine Roosz

Fall:

48110-A	T	9:00-Noon	8WKS	9/2	\$50
48110-B	T	6:30-9:00 PM	8WKS	9/2	\$50

Holiday:

49110-A	T	9:00-Noon	5WKS	11/4	\$31
49110-B	T	6:30-9:00 PM	5WKS	11/4	\$31

Porcelain Dolls – Indian Maiden and Angel

Learn each step of creating a beautiful and delicate porcelain doll. The Fall session doll is a 28” Indian Maiden. The Holiday session doll is an 18” Angel. Brushes and paints will be provided for you to use in class. (Supply list)

Instructor: Micke Kelch

Fall: 28” Indian Maiden

48080-A	Th	10:00-1:00 PM	8WKS	9/4	\$52
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Holiday: 18” Angel

49080-A	Th	10:00-1:00 PM	5WKS	11/6	\$32
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Guitar I

Sing-a-long as you learn basic chords and chord progressions in this beginner class. Students must provide their own guitar (nylon strings preferred).

Instructor: Ray Wallace

Fall:

48500-A	TH	7:15-8:15 PM	8WKS	9/4	\$30
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Holiday:

49500-A	TH	7:15-8:15 PM	5WKS	11/6	\$19
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Guitar II *(All Ages)*

Wanting to learn more about playing your guitar? In this class, you will learn music theory, sight reading, and even learn your first solo piece.

Instructor: Ray Wallace

Fall:

28025-A	T	6:00-7:00 PM	8WKS	9/4	\$30
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Holiday:

29025-A	T	6:00-7:00 PM	5WKS	11/6	\$19
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Guitar III *(All Ages)*

Guitar III will help you further the skills you have already learned. You will learn more advanced skills and additional solo pieces of your choice. (The class will be presented in a workshop format.)

Instructor: Ray Wallace

Fall:

28023-A	T	7:15-8:15 PM	8WKS	9/4	\$30
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Holiday:

29023-A	T	7:15-8:15 PM	5WKS	11/6	\$19
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Adults On The Computer – Step 1 and Step 2

Whether you have no idea how to turn on your computer or you’re ready to cruise the Internet, we have a computer class for you. In Step 1, you will learn the basics of operating your computer. In Step 2, you’ll venture into word processing and spreadsheets.

Instructor: Vicki McMeans

Fall: Step 1

48600-A	TH	11:35-1:00 PM	8WKS	9/4	\$50
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Fall: Step 2

48600-B	TH	1:05-2:30 PM	8WKS	9/4	\$50
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Holiday: Step 1

49600-A	TH	11:35-1:00 PM	5WKS	11/6	\$31
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Holiday: Step 2

49600-B	TH	1:05-2:30 PM	5WKS	11/6	\$31
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The ABC’s of Microsoft Word, Excel, & PowerPoint

Now that you have learned how to turn your PC on and off, let’s learn how to use it! We’ll explore the ABC’s to Microsoft Word, Excel, and PowerPoint.

Instructor: Vicki McMeans

Fall:

48666-A	TH	9:35-10:55 AM	8WKS	9/4	\$50
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Holiday:

49666-A	TH	9:35-10:55 AM	5WKS	11/6	\$31
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Adult Tap Dance

Whether you have never put on a pair of tap shoes or you are a tap dancing fool, you will be a perfect fit. You will have fun and learn the basics of tap dancing and get a great workout too! Tap shoes required.

Instructor: LaTisha Clay

Fall:

48111-A	W	6:00-7:00 PM	8WKS	9/3	\$34
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Holiday:

49111-A	W	6:00-7:00 PM	5WKS	11/5	\$21
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Wedding/Party Dance –

The Foxtrot Part I & II

Come and learn the social dance that is danced at most weddings, parties, cruise ships, and “just fun” type gatherings: the Foxtrot! Dress comfortably and prepare to have fun while learning to dance. Couples encouraged, but singles welcome. Class meets at the Brookside Center. Prices are per person.

Instructor: Gene Willman

(Professionally Trained Dance Instructor)

Part I - Beginning:

48165-A	M	6:30-7:15 PM	4WKS	9/8	\$30
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Part II - Intermediate:

48165-B	M	6:30-7:15 PM	4WKS	10/6	\$30
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Cha Cha – Part II & III

Enjoy this fun, flirty, playful dance through Cuban motion and syncopated steps. No open-toed, alligator long-toed, sliders, or sneaker-style shoes allowed. Dress comfortably and prepare to have fun while learning to dance. Couples encouraged, but singles welcome. Class meets at the Brookside Center. Prices are per person.

Instructor: Gene Willman

(Professionally Trained Dance Instructor)

Part II – Intermediate:

48135-A	W	7:30-8:15 PM	4WKS	9/10	\$30
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Part III – Advanced:

48135-B	W	7:30-8:15 PM	4WKS	10/8	\$30
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Country & Western:

2-Step/3-Step Beginner

YEEHAW! Come and learn to 2-step/3-step your way across the dance floor. We’ll learn basic Texas, old country and western, and the progressive 2-step dances. No open-toed, alligator long-toed, sliders, or sneaker-style shoes allowed. Dress comfortably and prepare to have fun while learning to dance. Couples encouraged but singles welcome. Class meets at the Brookside Center. Prices are per person.

Instructor: Gene Willman

(Professionally Trained Dance Instructor)

Part I - Beginning:

48140-A	M	7:30-8:15 PM	4WKS	9/8	\$30
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Part II - Intermediate:

48140-B	M	7:30-8:15 PM	4WKS	10/6	\$30
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Salsa – Part I & II

We will cover all the basics including cross over, right side pass, left side pass, turns, free style, and more! Leading for the men and following for the ladies will be taught. No open-toed, alligator long-toed, sliders, or sneaker-style shoes allowed. Dress comfortably and prepare to have fun while learning to dance. Couples encouraged but singles welcome. Class meets at the Brookside Center. Prices are per person.

Instructor: Gene Willman

(Professionally Trained Dance Instructor)

Part I - Beginning:

48175-A	W	8:30-9:15 PM	4WKS	9/10	\$30
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Part II -Intermediate:

48175-B	W	8:30-9:15 PM	4WKS	10/8	\$30
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(No class the week of Thanksgiving)

49175-A	W	8:30-9:15 PM	4WKS	11/5	\$30
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East Coast Swing – Part I, II, & III

This stylized Swing dance is currently popular with many Swing dancers across the country. It is danced to a wide variety of music including rhythm-and-blues, top 40 hits, slow-to-medium Swing, or Disco music. East Coast Swing is a very interpretive and fun dance. Dress comfortably and prepare to have fun while learning to dance. Couples encouraged, but singles welcome. Class meets at the Brookside Center. Prices are per person.

Instructor: Gene Willman

(Professionally Trained Dance Instructor)

Part I - Beginning:

48130-A	W	6:30-7:15 PM	4WKS	9/10	\$30
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Part II -Intermediate:

48130-B	W	6:30-7:15 PM	4WKS	10/8	\$30
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(No class the week of Thanksgiving)

49130-A	W	6:30-7:15 PM	4WKS	11/5	\$30
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West Coast Swing – Part I, II, & III

We will learn one of the most popular forms of swing which originated on the west coast. No open-toed, alligator long-toed, sliders, or sneaker-style shoes allowed. Couples encouraged, but singles welcome. Class meets at the Brookside Center. Prices are per person.

Instructor: Gene Willman

(Professionally Trained Dance Instructor)

Part I - Beginning:

48170-A	M	8:30-9:15 PM	4WKS	9/8	\$30
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Part II -Intermediate:

48170-B	M	8:30-9:15 PM	4WKS	10/6	\$30
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(No class the week of Thanksgiving)

49170-B	M	8:30-9:15 PM	4WKS	11/3	\$30
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Waltz – Part II

Must have taken beginner waltz or have good knowledge of frame, timing and the waltz basics. We will be doing an assortment of patterns, some that will be easy and others more challenging. Come on and let your dancing passion grow. No open-toed, alligator long-toed, sliders, or sneaker-style shoes allowed. Dress comfortably and prepare to have fun while learning to dance. Couples encouraged, but singles welcome. Class meets at the Brookside Center. Prices are per person.

Instructor: Gene Willman

(Professionally Trained Dance Instructor)

(No class the week of Thanksgiving)

49125-A	M	6:30-7:15 PM	4WKS	11/3	\$30
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Fort Worth Shuffle – Part II

If you are going to dance in Fort Worth or Dallas, you have to come learn this dance! The Fort Worth Shuffle is smoother than the 3-step and has its own unique raps and turns. No open-toed, alligator long-toed, sliders, or sneaker-style shoes allowed. Dress comfortably and prepare to have fun while learning to dance. Couples encouraged, but singles welcome. Class meets at the Brookside Center. Prices are per person.

Instructor: Gene Willman

(Professionally Trained Dance Instructor)

(No class the week of Thanksgiving)

Part II:

49180-A	W	7:30-8:15 PM	4WKS	11/5	\$30
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Mexican Cultural Dances - Tejano & Cumbia

These two Mexican cultural dances are danced at most Quincienera, Bodas (weddings) and just fun to learn. Easy steps and relaxed frames, turns, and raps are included in the lesson. Come learn and enjoy to dance the dances of fiestas and parties of the Hispanic community. No open-toed, alligator long-toed, sliders, or sneaker-style shoes allowed. Dress comfortably and prepare to have fun while learning to dance. Couples encouraged, but singles welcome. Class meets at the Brookside Center. Prices are per person.

Instructor: Gene Willman

(Professionally Trained Dance Instructor)

(No class the week of Thanksgiving)

49190-A	M	7:30-8:15 PM	4WKS	11/3	\$30
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Tri-Cities Promenadors:

Did you know that theTri-Cities Promenadors offer Square Dance lessons at the Brookside Center on Tuesday nights from 7:30-9:30 PM?

Drop by and give it a try!



Hurst Recreation Center

If you are looking to start or change your fitness program this Fall, the Hurst Recreation Center is the place for you. The Hurst Recreation Center has a state-of-the-art Fitness Center, and an indoor Jogging/Walking Track for you to use to increase your current level of fitness. The Recreation Center also has all of the fitness equipment that you will need to reach your fitness goals. Our Cardio Room has treadmills, elliptical crosstrainers, bikes, stairclimbers, rowing machines, and seated crosstrainers. There is also an extensive selection of pin-selectorized and plate-loaded strength equipment, as well as dumbbells and flexibility equipment to round-out your total fitness program. There are also numerous fitness classes (aerobics, spinning, kickboxing, etc.) that will get you into shape. If you need a little extra motivation to reach your fitness goals, the Hurst Recreation Center has a personal trainer who is available to custom-design a fitness plan that will meet your needs.

Do you have a group of friends that enjoys playing basketball? Get a team together and play in the Hurst Recreation Division's Adult Basketball League. While you are at the Recreation Center, you can also enjoy a variety of recreational activities. You can shoot some hoops, enjoy some volleyball with your friends, play racquetball, walleyball or table tennis. Equipment used to participate in these activities is available for check-out, with your "Quality of Life" Rec Card, at the front desk of the Recreation Center.

For more information, contact the Front Desk at the Recreation Center (817) 788-7325.

*Patron
Appreciation Week*

**October
13 - 17**

*The Hurst Recreation Center re-opened in
October 2000 and has had more than
1.8 million patrons since that time.
Come celebrate Patron Appreciation Week
with us. There will be give-away
items and refreshments
throughout the week.*

Softball Information Fall League Registration

Returning Teams:

(Teams that played in Hurst in 2007 and 2008)

August 4 – August 22
Monday, Wednesday, and Friday
from 8:00 AM-5:00 PM and
Tuesday and Thursday from 8:00 AM-6:00 PM
Hurst Recreation Center (700 Mary Drive)

Open Registration:

Monday thru Friday, August 6 – 22
Monday, Wednesday, and Friday
from 8:00 AM-5:00 PM and
Tuesday and Thursday from 8:00 AM-6:00 PM
Hurst Recreation Center (700 Mary Drive)

Entry Fee:

\$300 for an 8 game season (No Fall City Playoffs)

League Begins:

Tuesday, September 2

League Nights:

Monday - Friday

League Schedules:

Available August 26

Fall Adult Basketball League Registration

Registration:

Monday thru Friday, August 4 – 22
Monday, Wednesday, and Friday
from 8:00 AM-5:00 PM and
Tuesday and Thursday from 8:00 AM – 6:00 PM
Hurst Recreation Center (700 Mary Drive)

Entry Fee:

\$265 for a 7 game season
(With Playoffs for teams who qualify)

League Begins:

Tuesday, September 2

League Nights:

Tuesday

League Schedules:

Available August 26

**For more information,
call (817) 788-7320.**



Special Events:

Campfire Stories

Friday, October 24
7:00-8:00 PM
Chisholm Park, Longhorn Pavilion, 2200 Norwood Drive
Bring the family, marshmallows for roasting, lawn chairs or blankets, and experience the magic of the campfire and storytelling for all ages. FREE! For more information, call (817) 788-7320

Halloween Happenings

Friday, October 31
6:00-8:00 PM
North East Mall
Calling all ghouls and goblins ages 12 and under! Hurst Parks and Recreation invites you to wear your favorite costume and attend the Halloween Happenings event at North East Mall. Activities include: games, prizes, and treats! FREE! For more information, call (817) 788-7320

Santa's Mailbox

December 1 – 14
Santa wants to hear from you! Here's your chance to tell Santa your "wish list." You can write to Santa, and he will write you back! Write your letter and drop it in one of Santa's Mailboxes from December 1-14. The mailboxes are located at the Hurst Recreation Center, Hurst Public Library, and Hurst City Hall. FREE! For more information, call (817) 788-7320

Christmas Tree Lighting and Santa's Workshop

Tuesday, December 2
6:00-8:00 PM
Hurst City Hall
Join us for the lighting of the City's official Christmas Tree! Activities include: children's craft area, pony carousel, costumed characters, face painting, music, refreshments, and of course Santa and Ms. Claus! FREE! For more information, call (817) 788-7320

30th John Butler Memorial Senior Citizens Banquet

Saturday, December 13
5:00-7:00 PM
Hurst Recreation Center
Tickets will be available for Hurst Residents on Monday, October 13 and for non-residents on Thursday, November 13. You may pick up your tickets in person at the Hurst Recreation Center, or call 817-788-7320 to have your tickets mailed to you. There is a limit of TWO tickets per household. FREE! For more information, call (817) 788-7320

Dallas Cowboys NFL Pepsi Punt, Pass & Kick Competition

Sunday, September 14, 2008
Hurst Community Park
601 Precinct Line Road
1:00 PM (Registration begins at 12:30 PM)

ENTRY IS FREE! GIRLS & BOYS AGES 8-15 (Age as of December 31, 2008. Must bring copy of birth certificate) For more information, call (817) 788-7320.



Hurst
Tennis Center
701 Mary Drive
(817) 788-7330

Welcome to the Hurst Tennis Center

Junior Tennis

“Home of the Team Hurst Junior Development Program”

Pee Wee Tennis (Ages 6 & under)
Introduction to the game of tennis. Emphasis is placed on motor skills in a fun learning environment. Kids will learn basic strokes and play lots of fun games.
Instructor: Chuck Bison, USPTA, and Staff

Times: 4:45 PM - 5:30 PM	Price: \$36	Days: Thursday
82601-A	Begins 9/4	4 WKS
82601-B	Begins 10/2	4 WKS
82601-C	Begins 10/30	4 WKS

Jr. Beginner Tennis
A fun class for beginners. Learn the forehand, backhand, serve and volley. Kids will play plenty of fun games.
Instructor: Chuck Bison, USPTA, and Staff

Times: 5:30 PM - 7:00 PM	Price: \$60	Days: Thursday
82502-A	Begins 9/4	4 WKS
82502-B	Begins 10/2	4 WKS
82502-C	Begins 10/30	4 WKS

Junior High Drill Class (Ages 11 and up)
For Junior High players getting ready for the next step toward playing Varsity tennis. Singles and doubles strategy and plenty of drills, techniques and tactics.
Instructor: Sam Elliott, USPTA, and Staff

Times: 7:00 PM - 8:30 PM	Price: \$60	Days: Tuesday
82504-A	Begins 9/2	4 WKS
82504-B	Begins 10/7	4 WKS
82504-C	Begins 11/4	4 WKS

High School Drill Class (Ages 14 and up)
For High School players looking to improve their overall game. Singles and doubles, techniques and tactics.
Instructor: Sam Elliott, USPTA, and Staff

Times: 7:00 PM - 8:30 PM	Price: \$60	Days: Tuesday
82504-A	Begins 9/2	4 WKS
82504-B	Begins 10/7	4 WKS
82504-C	Begins 11/4	4 WKS

Attention Tennis Players!

Those looking for a steady practice partner can rent the Hurst Tennis Center's Prince ball machine. It's available for rent seven days a week. The cost is \$10 per hour or \$6 for 30 minutes (tennis balls included). Due to court availability, please reserve the ball machine at least three days in advance.



Racquet Stringing

The Tennis Center has a large choice of string and accessories for your racquet needs. We offer fast service and have three United States Racquet Stringer’s Association certified stringers on staff.

Adult Programs

Adult Beginner/Advanced Beginner Clinic

Just for adults! Learn basic strokes, scoring and strategy. Bring one can of new balls to first class.

Instructor: Kelly Langdon, USPTA, Chuck Bison, USPTA, and Staff

Times: 7:00 PM - 8:30 PM	Days: Tuesday	Price: \$60
82505-A	Begins 9/2	4 WKS
82505-B	Begins 10/7	4 WKS
82505-C	Begins 11/4	4 WKS

Adult Intermediate Clinic

This class is for adults who want to build on existing skills. You’ll practice all shots and learn techniques and tactics.

Instructor: Kelly Langdon, USPTA, Chuck Bison, USPTA, and Staff

Times: 7:00 PM - 8:30 PM	Days: Tuesday	Price: \$60
82506-A	Begins 9/2	4 wks.
82506-B	Begins 10/7	4 wks.
82506-C	Begins 11/4	4 wks.

Men’s Open 4.0 Clinic

Meets each Thursday for men rated 4.0 or higher. Learn techniques and strategy. Must register three days in advance. Minimum of four participants.

Instructor: Kelly Langdon, USPTA, and Staff

Times: 7:00 PM - 8:30 PM	Days: Thursday	Price: \$12
88444-A	ongoing	(weekly)

Fall Operating Hours:

July 30 – November 9, 2008

Mon. – Thurs. 8:00 AM – 10:00 PM

Friday – Sun. 8:00 AM – 7:00 PM

Winter Operating Hours:

Beginning November 10, 2008

Mon. – Thurs. 8:00 AM – 9:00 PM

Friday 8:00 AM – 6:00 PM

Sat. & Sun. 9:00 AM – 6:00 PM

Tennis Center Coordinator – Mike Campo, USPTA

Tennis Specialist – Kelly Langdon, USPTA

Tennis Attendants – Randy Cook, Wally Benson, Steven Lu, Alicia Morton, and Charlie Crosswait.

Tennis Instructors – Chuck Bison, USPTA, Jason Brown, USPTA, Greg Smith, and Sam Elliott, USPTA

Please bring one can of new, unopened, tennis balls to your first day of class.

*Do you want
to practice your serve or
hit a few with a friend?*

**CALL
(817) 788-7330**
*for a court
reservation.*



How about a Private Lesson?

The HTC Staff offers private lessons for those wanting more one-on-one accelerated learning.

Lessons with City of Hurst Tennis Specialist:

Kelly Langdon, USPTA, or Tennis Center Coordinator, **Mike Campo**, USPTA

\$48 per hour

\$26 per half hour

\$168 per series of 4 lessons

Lessons with Tennis Instructors:

Chuck Bison, USPTA, **Kelly Sanders**, USPTA, **Greg Smith**, **Sam Elliott**, USPTA

\$47 per hour

\$25 per half hour

\$168 per series of 4 lessons

The Tennis Center Staff also offers:

Private and group lessons. \$80 for 90 minute group lessons for league teams.

Services and Facilities:

Lessons for all ages and abilities

10 lighted outdoor courts

USRSA Racquet Stringers

Prince Ball Machine

USPTA Certified Instructors Available

USTA Adult and Youth Leagues

Court Fees

(90 minutes)

\$1 Hurst Residents

\$2 Non-Residents

Racquet Stringing

The Tennis Center has a large choice of string and accessories for your racquet needs.

We offer 24-hour turn around service and have three United States Racquet Stringer’s Association stringers on staff.

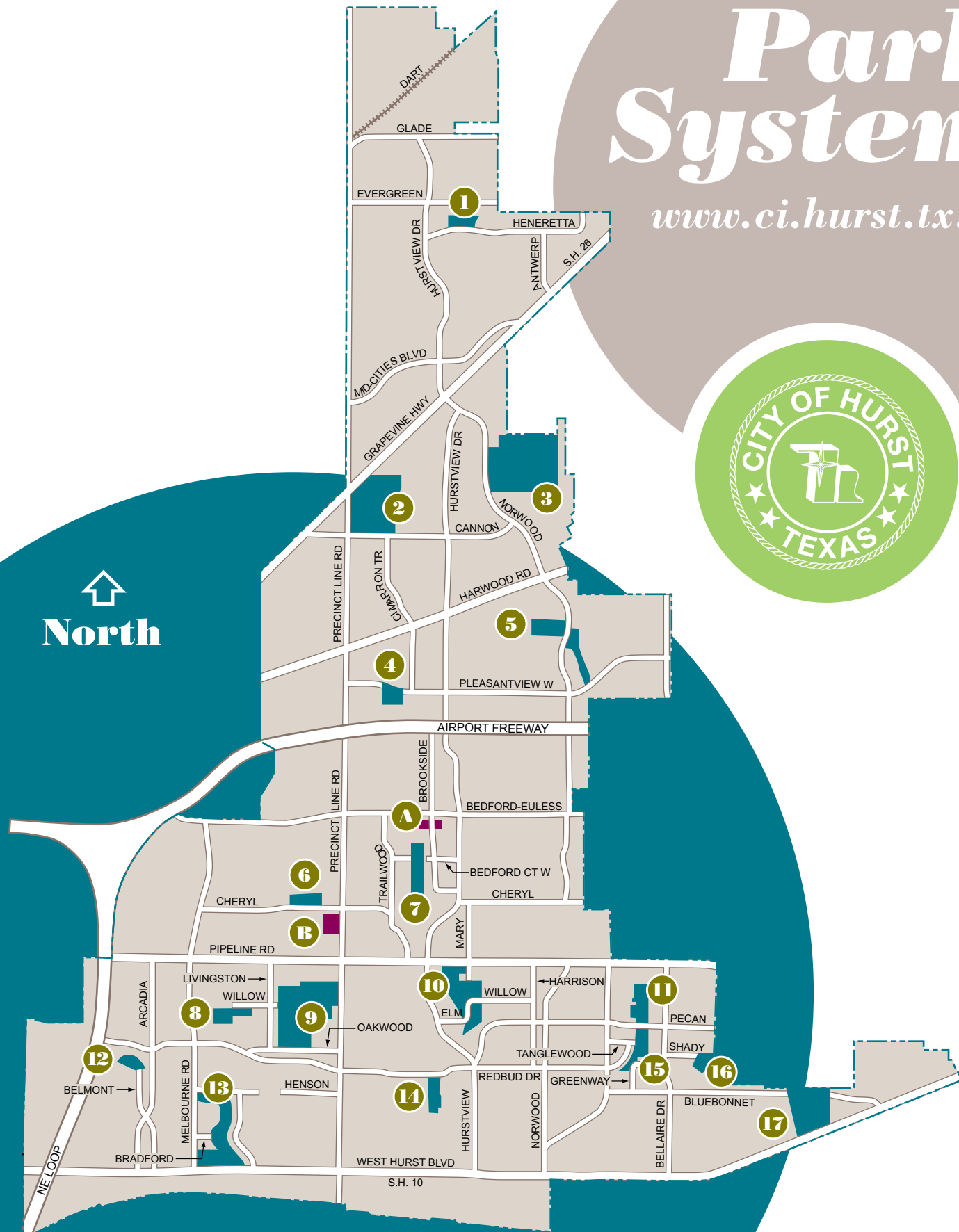
Upcoming Tournaments

USTA Hurst Adult Open –
September 26, 27 and 28

Mid-Cities Junior Circuit – TBA

*Fall Adult
Leagues begin*

Sept. 29
*must register by
September 19
cost is
\$25/person*



Park System

www.ci.hurst.tx.us



Parks

1 ECHO HILLS PARK

500 Heneretta (7.1 Acres)

- Pavilion
- Playground
- Jogging/Walking Trail System (1/3 mile)
- Picnic Tables
- Youth Athletic Practice Fields (Unlighted)
- Pet Water Fountain

2 HURST ATHLETIC COMPLEX

2104 Precinct Line Road (42.2 Acres)

- 4 Adult Softball Fields (Lighted)
- 6 Youth Soccer Fields (Lighted)
- 4 Youth Soccer Fields (Unlighted)
- Playground
- 3 Group Shelters
- 2 Concession/Restroom Buildings

3 CHISHOLM PARK

2200 Norwood (50 Acres)

- Aquatics Center
- 4 Youth Softball Fields (Lighted)
- 2 Playgrounds
- 3 Pavilions
- Pond with Fishing Island
- Picnic Tables
- Jogging/Walking Trail System (1.5 miles)
- Fitness Course
- Group Shelter
- Concession/Restroom Building
- 2 Basketball Courts (Lighted)
- 2 Pet Water Fountains

4 SMITH-BARFIELD PARK

640 Pleasantview (6.9 Acres)

- Youth Baseball/Softball Field (Lighted)
- 2 Tennis Courts (Lighted)
- Youth Athletic Practice Field (Unlighted)
- Playground
- Pavilion
- Picnic Tables
- Restrooms
- Pet Water Fountain

5 MAYFAIR PARK

1725 Norwood (14.4 Acres)

- Youth Athletic Practice Fields (Unlighted)

6 WINDMILL PARK

840 Cheryl (2 Acres)

- Historical Marker

7 VALENTINE PARK

610 Bedford Court West (4 Acres)

- Youth Athletic Practice Field (Unlighted)

8 HURST HILLS PARK

575 Billie Ruth (4 Acres)

9 HURST COMMUNITY PARK

601 Precinct Line Road (44.9 Acres)

- 4 Youth Baseball Fields (Lighted)
- 2 Youth Soccer Fields (Lighted)
- 2 Sand Volleyball Courts (Lighted)
- Pavilion
- 2 Playgrounds
- Multi-Use Trail System (1 mile)
- Picnic Tables
- Wooded Natural Area
- Open Field Play Area
- Concession/Restroom Building
- 2 Group Shelters
- Pet Water Fountain

10 CENTRAL PARK

700 block of Mary Drive (17.5 Acres)

- Recreation Center
- Aquatics Center
- Tennis Center (10 Lighted Courts)
- 2 Pavilions
- Playground
- Picnic Tables
- 2 Outdoor Basketball Courts (Lighted)

11 VIVAGENE COPELAND PARK

501 Pecan Drive (5.2 Acres)

- Pavilion
- Playground
- Multi-Use Trail System (1/3 mile)
- Open Field Play Area
- 3 Outdoor Basketball Courts (Lighted)
- Pet Water Fountain

12 JAYCEE BAKER PARK

500 Belmont (4.1 Acres)

- Playground
- Picnic Tables
- Restrooms
- Youth Athletic Practice Fields (Unlighted)
- Pet Water Fountain

13 BILLY CREEK PARK

14 REDBUD PARK

525 Redbud Drive (7.2 Acres)

- Soccer Field (Unlighted)
- Playground
- Jogging/Walking Trail System (1/3 mile)
- Picnic Tables
- Fitness Course
- Pavilion
- Pet Water Fountain

15 BELLAIRE PARK

500 Pecan Drive (6.4 Acres)

- Playground
- Youth Baseball/Softball Field (Lighted)
- Jogging/Walking Trail System (1/3 mile)
- Pet Water Fountain

16 WAN-KA-KANI PARK

748 Shadylane (4.1 Acres)

- Picnic Tables

17 RICKEL PARK

1001 Bluebonnet (29 Acres)

- 2 Pavilions
- Picnic Tables
- Nature Trails
- Scenic Overlook
- Winding Stream with 2 Bridges
- Jogging/Walking Trail System (1/2 mile)
- Pet Water Fountain
- Playground

Facilities

A BROOKSIDE CENTER

B HURST LIBRARY

Park Pavilions

listed are available for rental for \$25 per day. If electrical power is needed during the rental, a \$50 REFUNDABLE electrical key deposit is due at the time of reservation.

For more information, call
(817) 788-7320

City Hall

1505 Precinct Line Road
Hurst, Texas 76054

Main Number: (817) 788-7000

Fax: (817) 788-7009

www.ci.hurst.tx.us

Important Contacts:

ADMINISTRATION

Mayor's Action Line: (817) 788-7010

City Manager: (817) 788-7027

Information Services: (817) 788-7030

CITY SECRETARY

City Secretary: (817) 788-7042

Municipal Court: (817) 788-7045

FINANCE

Accounting/Personnel: (817) 788-7012

Purchasing: (817) 788-7017

FIRE

Emergency: 911

Fire Department: (817) 788-7238

POLICE

Emergency: 911

Police: (817) 788-7180

Storefront –

North East Mall: (817) 788-7366

Animal Control: (817) 788-7216

COMMUNITY SERVICES

Library: (817) 788-7300

Parks: (817) 788-7220

Recreation: (817) 788-7320

PLANNING AND DEVELOPMENT

Planning/Development: (817) 788-7094

PUBLIC WORKS

Administration: (817) 788-7076

Building Inspections/

Neighborhood Services: (817) 788-7088

Operations: (817) 788-7201

GENERAL SERVICES

Fleet Services: (817) 788-7228

Utility Billing: (817) 788-7038